



Long-Distance TRAVEL LOG

Last Name: _____

Travel Day: _____

Travel Period*: _____

PIN#: _____

**Note: Your Long-Distance Travel Period is the eight weeks prior to your Travel Day.*

Name of person completing this log: _____

Your person number: *(Person #s are on the Travel Diary label)*

☐ P1 ☐ P2 ☐ P3 ☐ P4 ☐ P5 ☐ P6 ☐ P7 ☐ P8

☐ No one in my household made a long-distance trip in the eight weeks prior to our travel day.

If this is the case, please fill in the bubble above and return this Log with your completed Diaries.

INSTRUCTIONS

▶ Record details about **all long-distance trips** made by **any household member** during the travel period shown on the label.

▶ A long-distance trip is a trip made to a location **50 miles away or more** from your home.

▶ Record **each way** (away from home and returning home) as a separate trip.

▶ If you made more than 8 long-distance trips, please record the details on a separate piece of paper.

How do I provide my Long-Distance Travel Log Information?

▶ **Online:** Enter your information at **www.catravelssurvey.com**. Use PIN# on the label.
OR

▶ **Mail:** Return with your completed travel diaries.
OR

▶ **Phone:** We will call you to collect your Log and Travel Diary information. Or, you can call us at the toll free hotline number below.

Questions? Call the toll-free hotline at 1-877-261-4621

Lists A and B are on the back! ➡

Trip Departure DATE <i>(Locations 50 miles away or more)</i>	WHERE were you when you STARTED this trip?	WHERE did you travel TO? <i>(Your final destination)</i>	MAIN PURPOSE of trip <i>Use LIST A CODES</i>	HOW MANY OTHER PEOPLE were traveling with you? <i>(Excluding yourself)</i>	What METHOD OF TRAVEL was used for the longest distance? <i>Use LIST B CODES</i>
<div>Trip 1: Most Recent</div> <div>Date: _____ <div>mo / day / yr</div></div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	List ONE code only	<div># of people traveling with you <i>(excluding yourself)</i>: _____</div> <div># of <u>household members</u> <i>(excluding yourself)</i>: _____</div> <div>Which <u>household members</u> traveled? <i>(use person #s from diary label)</i></div> <div><input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8</div>	<div>List ONE code only</div> <div>Remember to record EACH WAY as a separate trip!</div>
<div>Trip 2</div> <div>Date: _____ <div>mo / day / yr</div></div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	List ONE code only	<div># of people traveling with you <i>(excluding yourself)</i>: _____</div> <div># of <u>household members</u> <i>(excluding yourself)</i>: _____</div> <div>Which <u>household members</u> traveled? <i>(use person #s from diary label)</i></div> <div><input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8</div>	List ONE code only
<div>Trip 3</div> <div>Date: _____ <div>mo / day / yr</div></div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	List ONE code only	<div># of people traveling with you <i>(excluding yourself)</i>: _____</div> <div># of <u>household members</u> <i>(excluding yourself)</i>: _____</div> <div>Which <u>household members</u> traveled? <i>(use person #s from diary label)</i></div> <div><input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8</div>	List ONE code only
<div>Trip 4</div> <div>Date: _____ <div>mo / day / yr</div></div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	<div>Place Name: _____</div> <div>Address or Nearest Cross-streets: _____</div> <div>City: _____ State/ZIP/Country: _____</div>	List ONE code only	<div># of people traveling with you <i>(excluding yourself)</i>: _____</div> <div># of <u>household members</u> <i>(excluding yourself)</i>: _____</div> <div>Which <u>household members</u> traveled? <i>(use person #s from diary label)</i></div> <div><input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8</div>	List ONE code only

Trip Departure DATE <i>(Locations 50 miles away or more)</i>	WHERE were you when you STARTED this trip?	WHERE did you travel TO? <i>(Your final destination)</i>	MAIN PURPOSE of trip <i>Use LIST A CODES</i>	HOW MANY OTHER PEOPLE were traveling with you? <i>(Excluding yourself)</i>	What METHOD OF TRAVEL was used for the longest distance? <i>Use LIST B CODES</i>
Trip 5	Place Name: _____	Place Name: _____	List ONE code only	# of people traveling with you <i>(excluding yourself)</i> : _____	List ONE code only
Date: ____ / ____ / ____ mo day yr	Address or Nearest Cross-streets: _____	Address or Nearest Cross-streets: _____		# of <u>household members</u> <i>(excluding yourself)</i> : _____	
City: _____ State/ZIP/Country: _____	City: _____ State/ZIP/Country: _____	Which household members traveled? <i>(use person #s from diary label)</i> <input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8			
Trip 6	Place Name: _____	Place Name: _____	List ONE code only	# of people traveling with you <i>(excluding yourself)</i> : _____	List ONE code only
Date: ____ / ____ / ____ mo day yr	Address or Nearest Cross-streets: _____	Address or Nearest Cross-streets: _____		# of <u>household members</u> <i>(excluding yourself)</i> : _____	
City: _____ State/ZIP/Country: _____	City: _____ State/ZIP/Country: _____	Which household members traveled? <i>(use person #s from diary label)</i> <input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8			
Trip 7	Place Name: _____	Place Name: _____	List ONE code only	# of people traveling with you <i>(excluding yourself)</i> : _____	List ONE code only
Date: ____ / ____ / ____ mo day yr	Address or Nearest Cross-streets: _____	Address or Nearest Cross-streets: _____		# of <u>household members</u> <i>(excluding yourself)</i> : _____	
City: _____ State/ZIP/Country: _____	City: _____ State/ZIP/Country: _____	Which household members traveled? <i>(use person #s from diary label)</i> <input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8			
Trip 8	Place Name: _____	Place Name: _____	List ONE code only	# of people traveling with you <i>(excluding yourself)</i> : _____	List ONE code only
Date: ____ / ____ / ____ mo day yr	Address or Nearest Cross-streets: _____	Address or Nearest Cross-streets: _____		# of <u>household members</u> <i>(excluding yourself)</i> : _____	
City: _____ State/ZIP/Country: _____	City: _____ State/ZIP/Country: _____	Which household members traveled? <i>(use person #s from diary label)</i> <input type="radio"/> P1 <input type="radio"/> P2 <input type="radio"/> P3 <input type="radio"/> P4 <input type="radio"/> P5 <input type="radio"/> P6 <input type="radio"/> P7 <input type="radio"/> P8			

Thank you for your participation! To provide your Log information, please follow the instructions on the front page.

- LIST A CODES - TRIP PURPOSE
- 1

Going to work
- 2

Business *(work-related meeting / convention / seminar)*
- 3

Combined business and pleasure
- 4

School-related activity
- 5

Visit friends / relatives / wedding / funeral
- 6

Medical
- 7

Vacation / Sightseeing
- 8

Outdoor recreation *(sports, fishing, hunting, camping, boating, etc.)*
- 9

Entertainment *(theater, concert, sports event, gambling, etc.)*
- 10

Personal business (e.g., shopping)
- 11

Drive someone else
- 12

Return home
- 97

Other *(write code 97 and specify)*

- LIST B CODES - METHOD OF TRAVEL
- NON-MOTORIZED:

1

Walk

2

Bike

3

Wheelchair / Mobility Scooter

4

Other Non-Motorized *(skateboard, etc.)*
- PRIVATE VEHICLE:

5

Auto / Van / Truck Driver

6

Auto / Van / Truck Passenger

7

Carpool / Vanpool

8

Motorcycle / Scooter / Moped
- PRIVATE TRANSIT:

9

Taxi / Hired Car / Limo

10

Rental Car / Vehicle
- 11

Private Shuttle *(SuperShuttle, employer, hotel, etc.)*
- 12

Greyhound Bus
- 13

Airplane
- 14

Other Private Transit
- PUBLIC TRANSIT:

Bus

15

Local Bus, Rapid Bus

16

Express Bus / Commuter Bus *(AC Transbay, Golden Gate Transit, etc.)*

17

Premium Bus *(Metro Orange / Silver Line)*

18

School Bus

19

Public Transit Shuttle *(DASH, Emery Go-Round, etc.)*

20

AirBART / LAX FlyAway
- 21

Dial-A-Ride / ParaTransit *(Access Services, etc.)*
- 22

Amtrak Bus
- 23

Other Bus
- Rail / Subway

24

BART, Metro Red / Purple Line

25

ACE, Amtrak, Caltrain, Coaster, Metrolink

26

Metro Blue / Green / Gold Line, Muni Metro, Sacramento Light Rail, San Diego Sprinter / Trolley / Orange / Blue / Green, VTA Light Rail

27

Street Car / Cable Car

28

Other Rail
- Ferry

29

Ferry / Boat